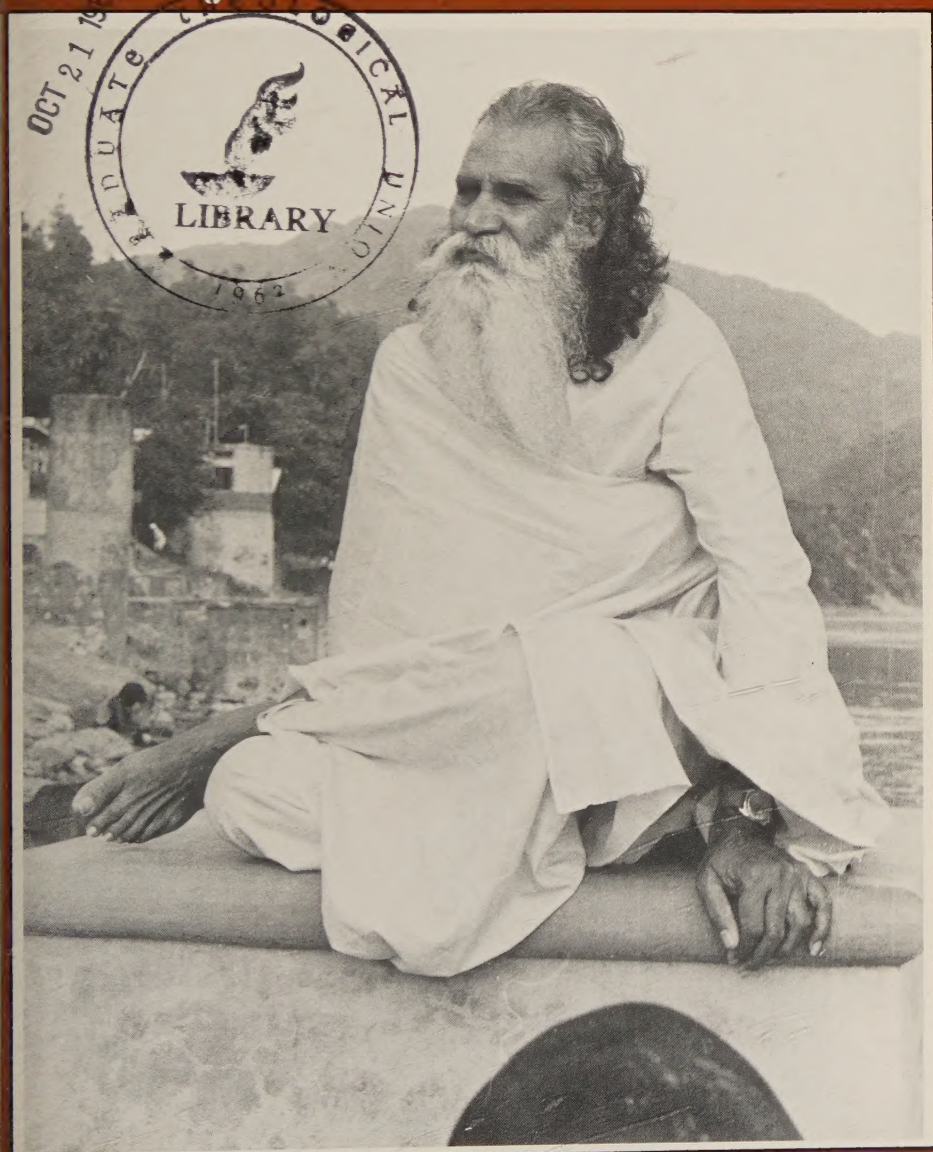


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Yoga in Practice

Integral Yoga[®]

The Teachings of Swami Satchidananda



UPCOMING EVENTS WITH SRI GURUDEV
OCTOBER, 1982 - FEBRUARY, 1983

OCTOBER

- | | | |
|----|-------------------------|--|
| 1 | Buckingham,
VIRGINIA | Public Satsang each Saturday
night when Sri Gurudev is at
the Ashram |
| 28 | AUSTRALIA | One month lecture tour |

NOVEMBER

- | | | |
|---------|----------------------------------|--|
| 15 - 21 | Buchan,
Victoria
AUSTRALIA | Integral Yoga Retreat --
Ontos, Yogaville |
|---------|----------------------------------|--|

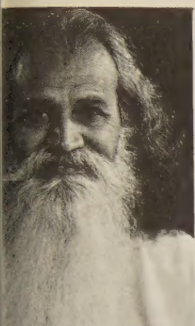
DECEMBER

- | | |
|--------------------------------|---|
| Time and place to be announced | Jayanthi Celebration in
honor of Sri Gurudev |
|--------------------------------|---|

FEBRUARY, 1983

- | | | |
|---------|------------------------|--------------------------------|
| 24 - 28 | Seattle,
WASHINGTON | "Unity in Diversity" Symposium |
|---------|------------------------|--------------------------------|

Please note: There are additions and changes to Sri Gurudev's schedule almost every day. Please check with Satchidananda Ashram, Buckingham, Virginia, or the Integral Yoga Institute nearest you for updated information.



Integral Yoga®

The Teachings of Swami Satchidananda

Vol 13, No 5 Oct/Nov 1982

Yoga in Practice:

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Satchidananda</i> | 4 | YOU CAME ALONE. It's nice to have the support of others. . .but practice must be based on self-conviction. |
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Sivananda</i> | 7 | STUMBLING BLOCKS. Some common obstacles on the spiritual path, which can become stepping stones to success. |
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Integral Yoga and You

INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga--including Hatha, Raja, Karma, Bhakti and Jnana Yogas--as well as instruction in Yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total Yogic living, are also possible. Those interested are invited to telephone or to visit the centers.

The Ashrams in Pomfret Center, CT, and Buckingham, VA, have national audio-video and book publishing and distribution services, and offer a wide range of guest and residence programs. The Integral Yoga School for children is located on the Ashram grounds in Virginia; the Integral Health Services clinic and Integral Yoga Natural Foods Store have branches in Connecticut and in New York City.

For more information, to arrange for a Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed on the back cover. We are here to serve you.

OM SHANTHI OM PEACE

Letters to Sri Gurudev



My love and peace to you, Swami Satchidananda. From the deepest places within my heart and spirit, I wish to thank you. I came to the Ashram last Saturday evening for the first time to share in the beautiful satsang and in your presence. The essence I felt there in the Ashram was filled with goodness and love. It was such a privilege to be there, and I send my gratitude to you and all at the Ashram. I hope to visit again sometime soon.

Your words, Swamiji, helped me to get back to feeling at peace about an important decision I was facing. That evening at the Ashram brought things I had already known back clearly into perspective and enabled my spirit to feel light again.

-E.A., Afton, VA.

I have just finished reading your book "To Know Your Self." Thank you very much for making this book possible. I really enjoyed reading it. It gave me so much peace. I was glad to learn the way you feel about God, the world, and all people. This is how I feel too. The book answered most of my questions. Now I know what my life is about.

-C.P., Sarnia, ONTARIO

I am writing this letter to thank you for my stay at the Ashram and for all the growth that has taken place in my life since I've been here. When I

rst arrived, I was having a
 eat amount of emotional diffi-
 lty. I was extremely depressed
 th no goal in life and feel-
 g that life was not even worth
 ving. However, through God's
 ace, my own best efforts, and
 e lovingness and support of all
 e Ashram members, I now have
 e desire to live my life to
 e fullest. My daily sadhana and
 ayer life is much stronger. Ev-
 my body and emotions are much
 ronger than ever before. I
 ank God for guiding me to such
 wonderful place with such good
 ople and for allowing me to be
 your presence and hear the
 achings of Spirit and of life
 you present them.
 I will be leaving early Sunday
 rning with the hopes of re-
 rning someday and with the in-
 tations of continuing sadhana
 ile living away from the Ash-
 n. Thank you, Gurudev. Thank
 u very much.

Name withheld

love you so much that words
 n't say. You are so wonderful.
 en though I haven't seen you
 nce I was four years old, I've
 ways felt very close to you
 en I meditate. I hope these few
 rds express my self enough. I
 ant every word of it, and more.
 ve always and always from your
 ttle girl.

-A.L., Dallas, TX.

a hold a very special place in
 t hearts. You have made such an
 pact on me, my wife and our
 ole family. We treasure your
 endship and lean on you some-
 es when things are hard. Papa
 miji, you have made our lives
 ther.

I had never known a Holy Man
 ore. Now I have.

-C.H., Minneapolis, MN □

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Sri Swami Satchidananda

SRI SWAMI SATCHIDANANDA is a
 master of Yoga, a world spir-
 itual teacher, and Guru of
 the students of Integral Yoga.
 He is dedicated to the ecumen-
 ical movement, his motto being
 "Truth is One, paths are many."
 His main residences are in Buck-
 ingham, Virginia during the
 summer and Santa Barbara, Cali-
 fornia during the winter. He
 also travels widely, sharing
 with people through every pos-
 sible medium: Lectures, confer-
 ences, radio, TV and newspaper
 interviews, books and visits to
 centers around the globe in the
 fields of education, religion,
 health and Yoga.

You Came Alone

Sri Swami Satchidananda

QUESTION: Sri Gurudev, I have complete faith in the practices but for one reason or another I don't do them. What would you suggest?

SRI GURUDEV: That's like saying, "I have complete faith that if I eat this food I won't be hungry anymore, but I don't eat it." What should you do then? Be hungry. If you're not eating, it means you are not really hungry. If the true hunger is there, even if somebody tries to stop you, you will grab the food and eat it. That kind of need must be there. Necessity is the mother of invention.

You probably don't feel the necessity of it. You admire it as something beautiful, but you have the feeling: "Wonderful. It's there. But I'm fine, so what's the rush?" You can be certain that at some point Nature will create that necessity for you. Then you will say, "Ah, I should have done this long before."

There are certain things you should do when the time is ripe.

Don't wait until you are too old and weak to do anything. When the body is young, do it. Do it now. "D.I.N." as Master Sivanandaji used to say. Do it now when you still have strength in the body, strength in the mind. Don't postpone it. Tomorrow may not come.

It is hard at first. Spiritual practice doesn't taste delicious in the beginning. You must cultivate that taste. It's like cutting a new groove in the brain. It wants to run in the same old groove. Think of how much work it is to cut a road through the jungle. You have to run the bulldozer. You must move stumps and rocks. There are tigers and wild animals. It takes tremendous effort to make a smooth road.

If you realize how important it is, you can educate the mind to accept that. Once the mind is convinced, you will enjoy doing the practices; it won't be a burden.

Don't think you are doing it for someone else, your friends or your teacher. "Oh, what will my Guru think if I don't do this



That is the wrong attitude. You are doing it for your own benefit. Your Guru is not changed by your practice or your lack of it. Don't simply copy others; understand what you are doing and why.

It's nice to have the support of others, but you cannot depend on that. If you do these practices simply because your friends are doing it, one day they may decide to give up. Then where will you be? You are not doing this to satisfy anyone else; you will never make it if you are. You are alone. You came alone. You didn't come into this world with other people. You won't be leaving it with others.

All these things should be based on self-conviction. When you have that conviction no one needs to be after you saying, "Hey, get up. It's time for meditation."

Just think of how much people work to achieve even worldly goals. Someone who wants to win the Boston Marathon dreams of it day and night. For many hours he or she will practice.

Everyday, without fail, no matter what the weather, you will see them running and running just to achieve one day of glory.

We should have that kind of conviction for spiritual goals, the permanent goals. All the scriptures say that, "Put God first." That is the first and foremost thing to achieve. All the rest is nothing. God is the reality; everything else is unreal. Everything else comes and goes; you cannot depend on that.

Still, it seems much easier to work for things outside than to turn within. How shallow our values are. The whole world runs after these external things. Why? Because they haven't been bitten enough. When you have been bitten enough by running after externals then you will understand how shallow they are, how temporary. When you reach that point, you will not go after those things. If they come, fine; but they won't distract you. "No, you don't tempt me," you will say. "I know what you're worth. I'm not interested. I just want God." When the world begins to

taste bitter, you will recognize the sweet taste of God.

Until the world gets a bitter taste, you'll be saying, "God, why do you make me get up so early in the morning for these practices? There are more tasty things in life. Why should I rush?" Don't worry, the world itself will teach you to turn to God.

Unfortunately if you learn that lesson too late, you won't have enough stamina to do anything towards experiencing the real sweetness of spirit. We have to apply our intelligence soon enough to understand that. And persistence is vitally important. In the beginning, a spiritual seeker is filled with enthusiasm. But after some time, the mind runs into the same old grooves again. You start with a big thirst, an earnest desire to realize God. Then it slowly fades. If the interest is really there, you will persist in your practices and make a good, smooth road through that jungle in your mind.

QUESTION: But don't we have to look after our families?

SRI GURUDEV: I'm not saying that you should deny your family or renounce them. It's fine to be with them, care for them. You have a certain responsibility. But at the same time take care of yourself. You have to save your soul. Nobody else can do that for you.

Don't say, "I have to use all my time to take care of this person; I don't have time for meditation." By your meditation you will be even more help to that person. If you become spiritually strong, you

will be the greatest aid to all.

Nothing, nothing, nothing should stop you in your spiritual practice. Use your intelligence in this. Nobody has left this world with the money they loved so much, with the fame that meant so much, not even with the loved ones. History confirms this. How often do you hear about a former president now? Just a short time ago while he was in the position you knew his every move. The newspaper would say, "The President sneezed twice today. The doctors attended him, and he seemed to be fine." Now, even if he's in bed with the flu, we won't hear about it.

Remember this. All the worldly things have their limitations. Develop that true detachment. The mind will play all kinds of tricks: "I have so many responsibilities. How can I shirk from my duty?" Your greatest responsibility is to take care of your spiritual growth. Without that you cannot fulfill your other responsibilities. If you are depressed, moody, sick how will you fulfill your obligations? To be a good husband, wife, friend, citizen you should be in good shape physically and mentally. How are you going to do that if you don't follow the practices?

Training the Mind

If you haven't been practicing regularly, don't start by demanding too much of your mind. You must slowly, slowly train it. If you suddenly start waking up at 4:00 in the morning and meditating for two hours, in a few days your mind will rebel. Instead, set simple, realistic goals and very gradually increase them. Achieving small goals will increase your self-confidence, and the mind will happily respon-



Stumbling Blocks

Sri Swami Sivananda

from "Concentration and Meditation"

st as ushers come to obstruct a path of those who want to enter a conference without tickets, so also the old *samskaras* [impressions] of enmity, hatred, jealousy, fear, etc. assume definite forms and obstruct the path of spiritual aspirants. An intelligent and comprehensive understanding of the various obstacles that act as stumbling blocks in the path of God-realization is indispensable. Then the aspirant will find it easy to conquer them one by one. Just as the sailor sails in and out of a harbour along a dangerous coast with the help of a pilot, so also the aspirant with the help of a detailed knowledge of these obstacles and the methods to conquer them will be able to steer clearly through the ocean of spirituality.

The real and serious obstacles to meditation are from within only. They do not come from outside. Train the mind properly.

Be courageous, friends! You will come across various obstacles when you endeavor to

control the mind and enter into deep meditation and *samadhi*.

Every aspirant will have to face various sorts of difficulties in the spiritual path. All the great saints experienced tremendous difficulties. You need not be discouraged on this score. Never despair. Failures are stepping stones to success. Muster all your strength and courage and march afresh in the path with redoubled vigour and energy. No impediment can stand before a person of fiery determination and iron will.

Some Common Obstacles

1. Cessation of Sadhana. The aspirant is very enthusiastic in his practice in the beginning. He is full of zeal. He takes a great deal of interest. He expects to get some results or *siddhis* [powers]. When he does not get these results, he gets discouraged. He loses his interest in his practice and slackens his efforts. He gives up his *sadhana* [practice] completely. He loses faith in the efficacy of his *sadhana*.

Sometimes the mind gets dis-

gusted with one particular kind of *sadhana*. It wants something new. It rebels against monotonous practice. The aspirant should know how to coax the mind on such occasions and to extract work from it by a little relaxation of mind.

The cessation of *sadhana* is a grave mistake. Spiritual practices should never be given up under any circumstances. Evil thoughts will be ever waiting to enter the gates of the mental factory. If the aspirant stops his *sadhana*, his mind will be Satan's workshop. Do not expect anything. Be sincere and regular in your daily routine. The *sadhana* will take care of itself.

2. Fault-finding. This is a detestable habit of human beings. It clings to them tenaciously. The mind of the aspirant who always tries to poke his nose into the affairs of other people is always outgoing. How can he think of God when his mind is ever engaged in finding the faults of others? If you spent even a fraction of the time that you waste judging others in finding your own faults, you would have become a saint by now.

Why do you care for the faults of other? Improve yourself first. Reform yourself first. Purify yourself first. Wash the impurities of your own mind. He who applies himself diligently to his spiritual practices cannot find even a single second to look into the affairs of others. Time is most precious. Every second must be utilized in Divine Contemplation.

3. Impure and Immoderate Food. Mind is formed out of the subtlest

portion of food. If the food is impure, the mind also becomes impure. This is the dictum of sages and psychologists. Food plays an important part in the evolution of mind. It has direct influence on the mind. It should be simple, bland, light, wholesome and nutritious.

Aspirants should not overload the stomach. Ninety per cent of diseases take their origin in immoderation in diet. People develop a strong habit of eating more food than is necessary from their childhood. Mothers stuff the stomachs of their children with too much food. This is not the way of caressing and loving children.

If there is no hunger, you must not take any food.

4. Lingual Diarrhea. Too much talking is one of the bad habits which lessen the spiritual power. Much energy is wasted by too much talking. The energy that is spent in talking must be conserved and utilized for divine contemplation. A talkative person cannot dream of having peace even for a short time. Practice silence regularly. Avoid idle talk and gossiping. Great peace comes by observance of silence.

5. Anger. Anger is a gate to hell. It destroys the knowledge of Self. It is all-consuming and all-polluting. It is the greatest enemy of peace. When a person's desire is not gratified, he becomes angry. Then his mind becomes confused. He loses his memory and understanding. He perishes. An angry person is under intoxication. He loses his senses for the time being. He does not know what he is doing.

Resentment, indignation, fury, wrath, and irritation are all

es of anger according to
ee or intensity. "Right-
anger" may be used unself-
y as a force to check and
ove another person. Some-
s a religious teacher has
xpress a little anger out-
ly to correct his disciples.
is not bad. One has to do
But he should be cool
in. He will not allow the
r to take root within even
a moment. It will pass off
diately like a wave of the

f a person becomes irritable
trifling things very often,
s a definite sign of mental
ness. One should control
tability by developing
ence, self-inquiry, love,
y, and a spirit of service.
anger is controlled it be-
s transmuted into an energy
can move the world.

Depression. Very often depres-
comes in meditation in neo-
es owing to the effect of
rious *samskaras*, bad company,
uence of astral entities,
dy days, indigestion, and
led bowels. Treat the cause.
ve the cause. Do not allow
ression to overpower you. Im-
ately take a brisk long walk.
in the open air. Sing divine
gs. Chant OM loudly for a
e. Walk along the seaside or
side. Have cheerful
ghts and good laughing. If
essary take a purgative.
d elevating stories.

When depression comes and
bles you, the mind will re-
t. The senses will pull your
s. The subtle desires will
a to the surface and torment
Be bold. Stand adamant.
e these passing shocks. Keep
r mind cool. Do not identify
rself with these obstacles.

Increase your period of *japa* [man-
tra repetition] and meditation.
Strengthen dispassion and discrim-
ination. Pray fervently. Eat a
sattwic [calming] diet. All these
obstacles will pass away like a
rent cloud. With the removal of
all troubles, you will shine glor-
iously. The improvement will be
known to you. There will be a
change in the mind, in speech,
and in all actions.

7. Doubt. After some time, an
aspirant begins to doubt whether
God exists or not, whether he
will succeed in God-realization
or not, whether he is doing his
practices rightly or not. Lack of
faith is a dangerous obstacle in
the spiritual path. The student
slackens his efforts when these
doubts crop up. *Maya* [illusion]
is very powerful. Mysterious is
maya. It misleads people through
doubting and forgetfulness.

Sometimes a doubting aspirant
will give up his *sadhana* alto-
gether. This is a serious mis-
take. Whenever doubt tries to
overpower any student he should
at once take recourse to the
company of great souls and remain
with them for some time under
the influence of their currents.

There are various kinds of im-
purities in the mind. It takes a
long time for purification. One
should not feel discouraged af-
ter practicing for a few months
or even years. Even if you do a
little practice, the effect is
there.

Do not worry about the doubts.
There is no end to doubts. Purify
your heart. Go on vigorously
with the purifying practices.
The doubts will be cleared by
themselves in a mysterious manner.
The great Teacher, the Inner Rul-
er is with you. He will illumine
you and remove your doubts. □

LOTUS:

The Foundation

The Light Of Truth Universal Shrine began as it will continue, with the different religions coming together to recognize the unity in the diversity.

On the first of July 1982, people from all over the world gathered in the quiet field in Buckingham, Virginia, to celebrate the start of the LOTUS building.

Above the field, the sun was shining brightly; but its radiance seemed dim compared to the light radiating from the hearts of all present. It was a glorious occasion, a touching occasion; the physical reality of LOTUS was being launched with this ceremony to lay the foundation for the Shrine.

The LOTUS site had been cleared in preparation for the construction about to begin. A temporary stage and altar had been erected on the site for this first ecumenical service at the LOTUS.

Sri Swami Satchidanandaji, creator of the LOTUS, was joined by his distinguished guest Sri N. Mahalingam of the Ramalingam Mission in Madras, in represent-

ing Hinduism for the service. Other special guests were: Brother Dan Steindl-Rast, O.S.B., representing Catholicism; Mr. Setyendra Huja, Sikhism; Methodist minister John Ashley, representing Protestant churches; Salima Erskin, Sufism; Reverend Siva Ford, African religions; Jeevakan Abbate, Native American (Indian) religion; and Reverend Prahaladan Mandelkern, Judaism.

At exactly 12:00 noon, Sri Gurudev placed the first gem into the fresh concrete for the centerpiece or "gembox" which will be at the very central bottom of the Shrine. Representatives from the various religions, countries, and parts of the United States came forward to place the gems into the concrete. People from many nations had sent precious and semi-precious stones for this occasion. Water from holy spots all over the globe were also mixed in. When the final bit of concrete was poured, it was smoothed over and a large mold of the Yantra was placed on the very top. Into the wet concrete at the center of this Yantra, Sri Gurudev placed



ing the holy waters: Sri Mahalingam and Sri Gurudev

large crystal. Later when the concrete was hardening, the copper Yantra would be removed, leaving the imprint with the crystal in the middle as the covering for the "box". All of this, combined with the vibrations of the ceremony and those present, fully charged this central point of the Shrine so that building could begin. Indeed, it was not just those physically present who missed the occasion. Letters and telegrams poured in from everywhere giving best wishes and blessings. A few of those messages are included in this issue. Many individuals and groups who could not attend said that they held their services at that precise time to lend their support.

Progress

Since that day, the contractors have been hard at work; and Sri Gurudev has been by their sides supervising the entire operation. Jagadish McCreary and Kirk Moore of Atlan-

tic Architects Group, the architectural firm for LOTUS, were there for the ceremony and continue to visit Buckingham regularly to meet with Sri Gurudev and oversee the project.

Perhaps it seemed like a beautiful vision before, but on the first day of July 1982, the reality of LOTUS and all it stands for came sharply into focus. As the words from the different religions reached out over the countryside, as the dynamically charged centerpiece began to harden, the Flower began to bloom. □

"Maybe one day this spot will be declared an international area. It belongs to God, not to any one nation, not to any one man."

"Once a day at least, think of LOTUS. Whatever comes to your heart, do it."

--Sri Gurudev
1 July, 1982

Saluting LOTUS

DO YOU SEE THE LIGHT?

by Paul and Nancy Conylis

Do you see the light?
How can you not.
It beams from a height
To a special spot.

Do you see the light?

He checks his clock
then pours the cement
By a wooden dock
In front of a tent.

Do you see the light?

The gems fall in place
The rocks drop down
To a narrow place
Like a jewelled crown.

Do you see the light?

The crystal glows with many hues.
God only knows why he should choose
To place the stone within the Lotus flower
On top, alone, at this special hour.

Did he hide the ball for the rest of its days
In a tube so small that the sun's bright rays
Might only light it at noon each day
So we could sight it at Twelve each day?

Did he choose the hour for the shape of the shrine,
A twelve-petaled flower whose light will shine
Twelve months a year for all who pray
To the God they revere in their private way?

Did this crystal he lay, this rock of light,
To remind us of the day Christ dispelled the night
For those who search among his flock
By building his church upon a Rock?

And so this temple, this LOTUS home,
This bright example of OM, OM, OM,
is built forever on rocks of love
To bring us together through the Lord above.

Its LIGHT does shine bright as the Sun,
By God's design, to make us one.

DO YOU SEE THE LIGHT?

And one we are, this POORNIMA DAY,
From near and far, to sing and say,
"We love you, Gurudev, dear heart,
When we're with you or far apart.

"Thanks to you.
WE SEE THE LIGHT."

* * * * *

ONE LIGHT

by Krishnadasi Moww

The hour of silence has come
the hour of peace has come
that will last forever
and will undo
our quivering hearts. . .

One Light
revolves particles and waves of joy
at every altar

as we follow an orange hem
across the blue skin of heaven

GERMINATION

by Ganga Marceaux

breaking ground
we dip into the rich clay
planting a jewel-encrested seed
to flower
for generations

rooted firmly in the center
the gemmed conduit
like a mehru

marks the beginning
as well as the completion

(with lifted hearts
and closed eyes
the consecration includes
prayers of countless
believers in its universal theme)

the dream:

self-effulgent Light
streaming from one Self
uniting the faithful of every creed
beaming in each scripture
reflecting one Truth

Light Of Truth Universal

Shrine: the heart. . .

in silence we enter the temple

folding hands in salutation

to the same Source.

by Jan Winnard

come from out of a darkened age where human beings fought
 took the lives of others in the name of God.
 "The way is the only way to peace!" We've heard the cry,
 "God is on our side!" while people died.
 The clock is still ticking, the hour is getting late
 "Brothers, oh, my sisters, there's no time left to hate
 There's something deep inside us knows we're all one Family
 Once the eye is opened, it isn't hard to see

A man is red, this woman black, and this child's skin is white
 "She doesn't know, she is wrong, and that one's always right
 This person is intelligent, and that poor man's insane.
 What's in a name? Aren't we the same?
 Your daddy's poor and mine is rich, so I can't play with you."
 There's a Christian, there's a Buddhist, and this person is a Jew.
 Dress ourselves in labels, try to pull the Self apart
 The Spirit will not be denied, we can't divide the Heart!

come from out of a darkened age with candles in our hands
 The Light we bring will one day sing its way through every land.
 The map is thrust into the Earth, the Journey has begun
 Can you hear her hum. . . (listen!) Truth is One!

Truth is One, paths are many, paths are many, Truth is One
 many different roads to walk, and each leads to the Sun
 Let us come together, for the New Age has begun
 Truth is One, paths are many, Truth is One.

* * * * *

FOR LOTUS

by Sadasiva & Parameshwari Adie

LOTUS!

You are a beacon for all humanity,
 A lotus-petaled blossom,
 A symbol of man's fraternity,
 The Light that shines within you,
 The essence of all unity.

'Til we join our hearts together,
 This Truth shall remain hidden,
 'Til we ease our mind's desires,
 Our eye receives not the vision
 Of highest Truth,
 Of Love and Light,
 The oneness of all life.

Until that time,
 You will always shine,
 As a beacon for all humanity.

Saluting LOTUS



Here is a small sample of the many beautiful expressions of prayers and good wishes which came to Sri Gurudev on the first of July in honor of the LOTUS Ceremony. May this selection represent the large number of other equally lovely sentiments from all parts of the world.

Cosmic Light is one without a second. Therefore It is universal. The entire creation has come out of this Light. The knower of It is the knower of Truth. He is enlightened. He breathes brotherhood of mankind. Such a man is the salt of the earth.

A shrine dedicated to the Light of Truth Universal comes up at the Satchidananda Ashram, Yogaville in Buckingham, Virginia on the 1st July, 1982. May this shrine be a source of inspiration to all the good souls that aim at the Universal Brotherhood.

Sri Swami Chidbhavananda

Sri Ramakrishna Tapovanam

Tiruchirapalli Dt., South India

My dear Friend in Divine,

Sat Nam. God bless you. Greetings in the Name of God the light of every soul and in the Name of Guru the life of every Sikh.

Thank you for your kindest invitation. All my affection and congratulations are with you at this special and divine moment. May this new shrine and home of God be a source of divine light and healing for all who come. And may the holy love of God be with those who serve this house in grace.

My love and prayers are with you always. In the Name of the Cosmic Light which prevails through everyBODY, and the Holy Nam which holds the world,

Humbly yours

Siri Singh Sahib Bhaishaib

Harbhajan Singh Khalsa Yogiji

Los Angeles, California

aisance to Vighna Vinayaka, Remover of Obstacles. Many blessings
Swami Satchidananda and his children from Master Subramuniya and
e Saiva Swamis of Kauai Aadheenam on this auspicious occasion
the foundation laying of the Light Of Truth Universal Shrine.
've followed your courageous efforts these past few years and
joice with you as this vision is now manifesting. May the love
d tolerance that the shrine represents inspire men and women
everywhere in their spiritual quest.

*Master Subramuniya and Saiva Swamis
Saiva Siddhanta Church
Kapaa Kauai, Hawaii*

ami Kriyanandaji is now in Europe. Though he will not be able
be with you physically, please know that his and our sincere
ayers and blessings will be with you on this auspicious occasion
d throughout the unfoldment of the beautiful flower for humanity
ich is symbolized by this Shrine and all of your work.

*Keshava
Ananda
Nevada City, California*

r prayers, love, blessings and devotions are with you on this
mentous occasion of the foundation laying of the Light Of
uth Universal Shrine. Although we cannot be with you in person
e to previous commitments, we are with you in spirit. Master
vanandaji must be rejoicing on this occasion.

*Marilyn and John Rossner
Montreal, Quebec*

the auspicious occasion of foundation laying ceremony of your
TUS, all the Harilela Family join Padma and me in conveying our
artiest congratulations and felicitations to you. May the eternal
iss of LOTUS be showered on us all.

*Hari Harilela
Hong Kong*

ank you for your kind invitation to the foundation laying of
e Light Of Truth Universal Shrine. We were pleased to be a part
the impressive, inspiring, and meaningful ceremony.

*Mr. and Mrs. Charles N. Smith
and granddaughters Amy and Ellen
Jenkins
Buckingham, Virginia*

r good thoughts and congratulations are with you on this landmark
casion. Love to you all from all of us.

*Karuna (Carole King)
and Family*

Heartfelt greetings of love and gratitude on this holy, auspicious day. May the spirit of unity which the LOTUS represents shine around the globe.

*Dr. Purusha Hendrickson
Boston, Massachusetts*

Congratulations to you and your worldwide family in establishing the LOTUS. May it be a symbol of everlasting peace for all to see. May God keep you with strength and perfect health.

*Dr. Palitha Rosenthal
San Francisco, California*

Thank you so much for inviting me to the ground breaking ceremonies during Guru Poornima. I will not be able to attend in person, but I can assure you that my thoughts and love will be directed toward that project, as always.

*Vishwanath Watson
Santa Barbara, California*

Much to my disappointment I will not be able to attend the foundation laying of the LOTUS. We want to wish you joyous success and express to you, and all those who are working hard to make this happen, that our prayers are with you.

The Shrine is truly beautiful, and the hope of Satchidananda Ashram Yogaville is a joy in my heart. I hope someday to see your community as I hope someday to live in such a community. Like you, I too truly believe a new age is dawning, that heaven is to be here on earth, and that we will be able to walk on the earth with our hearts open. Thank you very much for your guidance and teaching

Jo Helene Gray and family

I very much appreciate your kind invitation to attend the foundation laying of the LOTUS and wish that it were possible for us to come. Even though we can't formally attend, I will be thinking of you all and praying for the successful realization of a beautiful dream. Thank you always for the blessing of your guidance and your constant presence in our lives.

*T. Yamashita
Kyoto, Japan*

Blessings on your wonderful contribution to the peace of the world.

*Sister Joan Metzner
Maryknoll, New York*

The Power of Mantra

Sri Swami Ramdas

Mantra is a combination of words that stand for the supreme reality. It is so set that by the utterance of it, a rhythmic sound is produced which has a powerful effect on both the mental and physical systems. The sound of the Mantra produces mental equilibrium and physical harmony. It tunes the entire being with the eternal music of the Divine.

The mantra as spoken of here is an incantation adopted for daily practice for concentration of mind and also union with God.

The power of mantra is wonderful. The votary of the mantra hears the sound produced by its utterance as symbolizing the Divine Himself. How does this sound lift the soul to meet the Supreme? Sound is the first manifest principle that emanated from the absolute Brahman and is, therefore, the cause of all creation. It is the primeval movement on the calm and silent bosom of the infinite Brahman which brought into being the universal phenomena of name and form. Again sound is the quality of ether or *Akasa*, the subtlest of the elements, a new approach to

the transcendent Truth. When life is harmonized with the symphony of the sound that represents the supreme Truth, it realizes its identity with Truth by perfect absorption into it. This is termed *Mantra-Siddhi* or perfection through mantra. This is considered by its votaries to be an easy method of approach to God.

The efficacy of the mantra lies not merely in its incessant repetition but also a constant attention to it. The sound of the mantra will then be found to have a most soothing effect on the mind. It will in its turn awaken the sleeping Divine Consciousness bringing the soul in direct contact with the indwelling and all-pervading Reality. In other words, the power of the mantra enables its devotees to quell the unbridled passions of the mind, an achievement of no ordinary value and significance. This is absolutely essential for an all-round divinization of the human being.

Mantra Yoga is at once self-sufficient and independent. Truly, one who keeps the mantra always on his lips can attain infinite power, wisdom, love, and vision of God. □

The 18 'Ities

of Sri Swami Sivananda

explained by the children of Yogaville Vidyalayam

One of the most popular poems by Sri Swami Sivanandaji is "The Eighteen 'ities" wherein the great Yoga Master gives a list of words that contain important keys to success in life. Here the children of the Integral Yoga school (which is now officially called the Yogaville Vidyalayam) explain in their own words what each key means.

SERENITY

Serenity means that the mind is calm and doesn't get excited.

REGULARITY

Regularity means having the same life every day, especially doing your spiritual practices and being pure in your daily life.

ABSENCE OF VANITY

Absence of vanity means not to think you are better than everybody else; rather think of the needs of others.

SINCERITY

Sincerity means what you do comes from your heart.

SIMPLICITY

Simplicity means having an uncomplicated life.

VERACITY

Veracity means always sticking to the truth no matter what bad or good things happen to you.

EQUANIMITY

Equanimity means that you always feel good when good things happen and when bad things happen too.

FIXITY

Fixity means constantly keeping your mind on God.

NON-IRRITABILITY

Non-irritability means you have an even temper in all situations.

ADAPTABILITY

Adaptability means wherever you are, you are happy.

HUMILITY

Humility means to have control of your pride and that you don't think you are better than anybody else.

TENACITY

Tenacity means when you make up your mind to do something good, stick to it.

INTEGRITY

Integrity means all your thoughts, actions and feelings come from your heart.

NOBILITY

Nobility means to always think higher than you are.

MAGNANIMITY

Magnanimity means that your heart overflows with love toward everyone.

CHARITY

Charity is giving whatever you can.

GENEROSITY

Generosity means giving all you have, like love and kindness, and giving without being asked.

PURITY

Purity means being free from imperfection. □

Day-by-Day with Sri Gurudev



June - July 1982

Gurudev went to New York to participate in the International Religious Assembly for the United Nations Special Session on Disarmament sponsored by the Temple Understanding. On the 9th of June, Gurudev arrived to open the Conference. Upon entering the hall he met some old and dear friends: Brother David Steindl-Rast, Father Basil Pennington from Spencer Abbey in Massachusetts, and David Spangler.

After a brief and happy reunion, they took their seats in the front of the auditorium; the conference coordinator, Bednar, introduced Gurudev. Having been asked to speak "The Cause of War and the Way to Peace," Sri Gurudev told the audience that the basic cause of war is our ignorance of our relationship not only to our fellow man, but to plants, animals, and all the rest of creation. All freedom should be based on the realization of our spiritual unity. When we fear and don't trust others, that is how wars are started. From this fear we denounce the other fellow or the other country; if we say that democracy is freedom but any other form of government is wrong, the trouble starts.

Gurudev went on to say that we are peaceful, happy, and beautiful here, other countries will see that and want to follow. We need to practice, not propagate. We must show the world our ideology works. "We should clean our hearts from animosity, hatred and mistrust. Let us feel we are God's children, one spiritual family. Let it begin with each one of us in our own hearts. Man is limited and needs a higher power which can be tapped by his

own loving heart."

Gurudev concluded by telling the audience to trust in God. Our prayers will be heard when our hearts are pure. "To pray for peace while we harbor hatred and animosity in our hearts is like wanting to be healthy but drinking poison."

After much applause, Gurudev opened the floor to questions. One man raised his hand and said that he had heard Sri Gurudev speak in Boston 10 years ago. He made a beautiful statement that he has seen over the years how Gurudev's entire life has been a living example of the message he shared with everyone just moments before. He expressed his thanks to Gurudev for continuing to be the great inspiration he is to so many people on the path to peace. Gurudev concluded with the suggestion that everyone seek peace through faith in God and to follow the example of Mahatma Gandhi by not cooperating with violence.

Maintain Balance

That evening Sri Gurudev gave a public talk at Christ Methodist Church. This talk for the benefit of LOTUS was sponsored by the New York Integral Yoga Institute.

There was a standing room only crowd. Many of the people were long-time devotees from Sri Gurudev's first arrival in the U.S.: Peter Max, Hari Zupan, and others. With his infinite patience, Gurudev once again advised the listeners to beware of attachments, learn to surf well, and enjoy the waves of life.

His basic message was "Have fun!" ". . . For a person who doesn't know how to surf, a big wave coming is a fearful sight;

to a surfer, it's a delight! Life is like that. Life will never be smooth, but we can remain smooth if we know how to adapt. . . That is the real aim behind all the spiritual teachings and practices -- balance. Life is given to us to enjoy."

Gurudev also explained that in order to help others, we must retain compassion and composure. If we get caught up in their emotional problems we only add to the already existing situation. No one else can make us unhappy. "We are our own best friend as well as our own enemy. . . A difficulty is a difficulty only when we don't want to accept it. The moment we accept it, it is

no longer a difficulty."

After speaking for two hours, Gurudev concluded the program with a peace chant. After the last "OM" faded away, the entire audience got up and came to greet Gurudev personally. For over an hour old and new friends and devotees filed up to the front of the church for a brief word and a blessing from Gurudev.

As Gurudev finally left the church, each person present was glowing with the force of love and positive energy, each one ready to go out and face whatever Life brings with renewed faith and trust in God and each other.

-Swami Lalitananda Ma

NEW YORK: Instruments in Destiny

On the 17th of June, Sri Gurudev was back in New York to attend the Seventh International Congress of the Himalayan International Institute held in New York's Statler Hilton Hotel.

Sri Swami Rama, the Institute's spiritual Director and a dear friend of Sri Gurudev, showered all his love and hospitality upon Gurudev. Other dear friends were guest speakers at the Congress: Pir Vilayat Inayat Khan and former Indian Ambassador to the United States Sri T.N. Kaul. Ambassador Kaul spoke lovingly of how Gurudev had so inspired him during his service as Ambassador.

One of the topics Sri Gurudev addressed during the Congress was "Yoga and Understanding Life." He emphasized that we should understand the truth that "Nobody can cause you pain if you do not deserve it for some reason. If this truth is understood well, then people and situations become instruments in your destiny."

The next day, Gurudev was about to leave the New York Integral Yoga Institute to address the Congress again, but he stopped for a quick tour of two small but flourishing industries on the bottom floor of the IYI building. Gurudev praised Vishnu Jayson of Clear Light Sprouts and Uma Schreiber of Lotus Sandwiches. He quoted from a scripture which states that all creatures depend on food and providing clean, healthy food is a great service.

Drink the Juice

At the Congress that day, someone asked: "If I feel I have found my Guru, how can I have more direct contact with him?"

Gurudev said: "The Guru is not the physical person. The Guru is the quality you see expressing through someone. . . It is like drinking a cup of juice and then saying, 'When will I have direct contact with the juice?' . . . You must imbibe and develop that in your life."

On another topic, Gurudev commented: "One saying I use is 'It's all Your form, it's all Your me, it's all Your deed, and it's all for good.' . . . The form is nothing but God's expression. The name is not separate from the deed. All the actions we see are God's deeds. It is all for God, and God works through me; I am doing nothing."

"It is so simple to see this from the breath. Fifteen times a minute we breathe in and out. You breathe? If I am breathing, I cannot also be talking. If I begin to talk, I forget to breathe and I will die. So are you breathing or is something else taking care of that? It's God's voluntary control."

"What does that mean? It is God's someone else's voluntary control. Who? The One who wants you to live. God knows why you are here, even though you may not. You are an instrument in the hands of the Supreme Consciousness. That Cosmic Consciousness makes you function. . . ."

"It reminds me of a saw in a father's tool shop. The saw had rough, crooked teeth. The father might say, 'Dad, can I throw away this crooked thing? It can't do any good.' But the father will say, 'No. I bought it that way for a purpose because I want to use it.' So the Father knows why it is here and what the use is, even though you may not. . . ."

"Know that God is working through you. You are simply an instrument. If you realize this truth, there is no difficulty or feeling: 'I am Thine. All is done. Thy will be done.'"

"You do not need to give yourself to God. Instead, know that you are already in His hands. . . . My prayer is, 'God, let me always remember it is

You and You alone who work through this instrument. Whatever comes should go to You.' Then you can be free from all problems. I am positive about that. This comes from my sincere feeling; I live with that always in my heart."

Faith and Worry

On the 20th of June, "Faith for Security", a session sponsored by Interfaith, was held in New York to parallel sessions at the United Nations about disarmament. Joining a panel of clergy, Sri Gurudev spoke on the need for faith. "As you think so you become. By constantly dwelling on war, calamity, and so on, we cannot expect to find peace. We must change our thinking. We should have no fear or worry. Faith and worry do not go together."

"I almost welcome this threat of nuclear war. It is the threat that is bringing us all together. We come together because of fear. Adversities are blessings in disguise. . . . If faith is there, we do not have to make anyone our enemy. God will never destroy us. If He does, He destroys Himself also. So we must have total faith. That comes from trust. I am sure that everything will be alright."

Another good friend, Rabbi Zalman Schachter addressed the gathering and started by saying, "During a recent conference at Stanford University, Swamiji and I were on a panel addressing this issue of disarmament. His advice came in two words: 'Don't worry.' At first, I thought he was against disarmament. But then I realized he was against worry! It's good advice."

Sun Sphere

Sri Gurudev flew with Sri N. Mahalingam to the World's Fair

in Knoxville, Tennessee. There, due to the kindness and generosity of Peter (Atman) Max, who is the official artist of this year's World's Fair, they enjoyed VIP tours and dinner in the Sun Sphere. A very exciting and interesting laser show sparked Sri Gurudev's interest; and in a discussion with the technical engineer of

the show, Gurudev got some light ideas for the LOTUS. This led to a meeting in mid-July between Gurudev and the president of the laser company to discuss the central light of LOTUS and how it could be done using laser technology. Everywhere he goes, new ideas for LOTUS sprout!

-Sister Devi Chaitanya

BUCKINGHAM: Dad's Day

On Wednesday, 16 June, the Virginia Ashram family gathered for a Father's Day celebration with Sri Gurudev. After reading all his wonderful cards, the entire family presented him with two fire agate gems for the LOTUS Foundation ceremony in July. Gay and Usha Hayes, the miners of the gems, then presented Gurudev with a collection of polished picture rocks and the money that had been collected for the stones.

Seven-year-old Uma Sackett then sang a song:

"This is Dad's day
For you and all and everyone
But you are the Supreme dad
of everyone.
You give and give all your
love, you never stop
And I think you will never
stop sending out your
love."

After many loving greetings, Gurudev spoke of honoring first and foremost the Father of us all.

We should remember that Divine Source always. He went on to say that in this lifetime we should all love and respect our physical fathers and mothers. "Even if they do not understand what you are doing, respect and love them for they have guided your life."

Gurudev told some stories about the wonderful parents he met. Then many of those present told about their parents meeting Gurudev. Many of these parents were sceptical at first, but after meeting him and seeing the great benefit he had made in so many lives, as well as the ecumenical way he teaches, they were won over. A number of these people have become students of Sri Gurudev themselves.

Among the many inspiring stories was one from Swami Nityananda. His grandmother had never met Gurudev, but when Nityanandaji showed her a photograph, she looked at it and said, "He is a true son of God."

-Swami Sarvaananda M

POMFRET CENTER: June Retreat

"The Limitless Journey" was the theme for the annual ten-day Integral Yoga Retreat held at Satchidananda Ashram in Connecticut, 18-27 June. Over 100 people came together for this opportunity to enjoy the silence and introspection of uninterrupted

ted Yoga practice.

The retreat culminated with talks by the special guests: Zen Master Seung Sahn of the Providence Zen Center; Brother David Steindl-Rast, OSB; Rabbi Zalman Schachter; and Sister Sylvia A. Rosell, OP. They



*High-lights
of the retreat:
Sr. Sylvia,
Rev. Seung Sahn,
Sri Gurudev,
Br. David and
Rabbi Schachter*

ned Sri Gurudev in a panel
ussion and an ecumenical
ship service.

To pick one of these events
being the highlight of the
reat would be impossible.
ve all, the highlight was to
ply observe these spiritual
chers from different tradi-
ns together. They rejoiced
each other's company, laugh-
, telling stories, jokes,
spiritual riddles. Earlier
the retreat a question was
ught up about whether
peaceful state spoken of
much was really so wonder-
. It sounded a little dull
that retreatant. The staff
ber who was answering ques-
ns that evening said all
t was needed to answer this
bt was to simply observe
Gurudev and the other guest
akers who would be coming

later in the week. This, said
the speaker, would be the per-
fect opportunity to see the
dynamic joy released in truly
peaceful beings. The example of
Sri Gurudev, Master Seung Sahn,
Brother David, Rabbi Schachter,
and Sister Sylvia certainly
proved that there is nothing
dull about true Peace.

During the evening of the
ecumenical service, everyone had
an extra treat with the presence
of three Brahma Kumaris. This
wonderful organization brings
the essence of "OM Shanthi" to
people all over the world, and
Sri Gurudev is always delighted
to see them wherever he travels.
Brother Nirwar, Sister Mohini,
and Sister B.K. Gayatri came for
only a short visit to the Ashram
and offered their words of sup-
port to all the ecumenical ac-
tivities.

EGRAL YOGA CONGRESS

4th of July was special for
reasons at the Virginia Ash-
. The Nation's independence
celebrated in the early morn-
with a flag raising ceremony.
Gurudev presided over the

ceremony, raised the flag and
then spoke of true independence.
Afterwards, over two hundred
people attended the first annual
Integral Yoga Congress.

The keynote speaker was Sri

Gurudev, who reminded the delegates that dignity and graciousness at all times, in all situations, and with all people was an integral part of the Yogic approach.

The theme of this particular Congress was feedback and communication. Any participant who so desired was given the microphone to express his or her viewpoint and suggestions.

The program was divided into four topics:

1. Improving communications among the various branches and offices of the Integral Yoga Institutes and Satchidananda Ashrams.
2. Improving personal presentation.
3. LOTUS public relations and fund raising.
4. A 20 year plan for the Virginia Ashram.

This meeting continued through most of the afternoon with representatives from all over the world and all regions of the United States sharing their thoughts and asking questions. It was a wonderful opportunity for many devotees of Sri Gurudev who had never met each other to come together and get acquainted. The dedication to Sri Gurudev's teachings and the Yogic ideals quickly opened the communication channels and allowed a good creative flow of ideas and information.

After the day-long session, the Congress reconvened to pre-

sent summaries and reports to Sri Gurudev.

Perhaps the most important outcome of the Congress was that everyone present voiced their approval and support for an annual event such as this. In a meeting the next day, the National Board of the Office of Sri Gurudev started plans for next year's meeting and began an outline for the topics to be brought up at that time.

This year's meeting served as an excellent model for Integral Yoga Congresses to follow. It was uniquely set up in such a way that everyone interested could ask questions and make their contributions heard to the entire assemblage. Opinions were expressed and recorded in a way that will make them meaningful and expansive for the entire Integral Yoga family.

The next Congress is scheduled for Guru Poornima week in 1983 at the Virginia Ashram. Although the exact dates have not been set, it will be sometime during the month of July.

There's much to do, and your suggestions are most welcome. We hope that many more people will plan to attend next year.

In the meantime, your comments, recommendations, questions, and offers of assistance in creating an even better Congress next year may be addressed to: "Yoga Congress", c/o Office of Sri Gurudev, Yogaville, Buckingham, Virginia 23921.

-Reverend Ishwara Cowan

BUCKINGHAM: Many Lights

July of 1982 literally got off to a bang as the sound of fireworks echoed through Buckingham to announce the beginning of the Foundation Laying ceremony for LOTUS on the

morning of the first. This event, reported in more detail earlier in this issue, was well worth saluting in such a way.

Following the ceremony,



S celebrants: P. Mandelkorn, Br. David, J. Abbate, Rev. Ashley, Mahalingam, Siva Ford, Salima Erskin, Setyendra Huja, Sri Gurudev

Gurudev spoke about the meaning of LOTUS: "This holy symbol will be a symbol of the unity in diversity. God will use this to show others what can be done." He reminded everyone to: "Once a day at least think of LOTUS. Whatever comes to your heart, do it."

Gurudev gave deeply felt thanks to the people who had come from all over the world, the Buckingham area residents and authorities who welcomed, to those from all over who sent their blessings. N. Mahalingam, Chairman of Ramalingam Mission of Madras, a dear friend to Gurudev, had come especially for this and Guru Poornima festivities. He had brought holy ash, water and soil from the holy sites throughout North and South India; and Gurudev praised him for his great service.

In acknowledging another beloved friend, Gurudev said, "There is an old saying, 'If you have a brother you will always win the war.' I have my little brother, Brother David, so I will always win!"

That evening Sri Mahalingam and Brother David joined Sri

Gurudev for satsang. Everyone felt triply blessed to be with these great souls on this wonderful day. Sri Gurudev spoke about the importance of not fighting in the name of religion; instead religion should reinforce our understanding that all are part of God's family.

Brother David told a marvelous story about his participation in a totally peaceful, loving demonstration for disarmament. It was the perfect example of love overcoming anger. He then informed us all that the entire cost of building LOTUS is what is used by the world in two minutes for the arms race.

Sri Mahalingam told the story of Saint Ramalingam. It was a joy to hear the great Saint's life recounted in such detail by someone who has meditated upon that life with such dedication.

At first, it seemed that Brother David would be leaving before the satsang was over so that he could take a bus back to New England; but through the kind generosity of Reverend Brahman Levy, he was able to stay through the evening and fly back home the next morning.

Guru Poornima

The third of July was Guru Poornima Day, the day set aside to honor one's spiritual teacher. Early in the morning, before the main activities, Sri Gurudev initiated six devotees into the Holy Order of Sannyas (monkhood). There, by the banks of the LOTUS Lake, Sister Parvathi became Swami Shraddhananda Ma; Brother Dharman, Swami Dharmananda; Sister Harini, Swami Ghanaananda; Brother Sutradhari, Swami Sevananda; Sister Hamsa, Swami Bhaktananda Ma; and Sister Krupa, Swami Krupaananda Ma.

After the initiation, Sri Gurudev joined the large crowd which had gathered to honor him, their beloved spiritual father, with an elaborate *pada puja*. Despite the solemnity of the occasion, Sri Gurudev took time to play with the children who came up to him during the service; and afterwards he reminded everyone of why such an event takes place: to rededicate ourselves to realizing the Peace we see in our Guru within ourselves.

That evening, Gurudev and Sri Mahalingam sat in the audience together and enjoyed a wonderful program of entertainment. The highlight, without question, was the presentation by the children of the Yogaville Vidyalayam. They sang verses from *The Thirukural* from memory and told stories from the *Mahabharata*. Several times during the days of festivities, Sri Gurudev had reason to be proud of these "little ones" when asked questions based on scriptures and children immediately gave the answer long before any of the adults could even think

of it!

Reverend Rishi Schweig of California played the part of auctioneer at a LOTUS benefit auction.

Afterward, Sri Gurudev led everyone outside for a magical fireworks display. Assisted by Swami Nityananda, Jeevakan Abbate, and Brother Gopal, Gurudev kept everyone delighted for more than half an hour with a continuous skyrocketing light show.

Free Yourself

The next morning was the 4th of July, and Sri Gurudev officiated at the flag raising ceremony. This day is, of course, the celebration of American independence; and after the flag was raised, Gurudev spoke about Independence. "As long as we depend on outside things for our happiness, there is no independence. . . An independent country should not even have a gun in one hand. Why? You have nothing to fear. . . Let's learn to be independent from the immediate thing that binds us, the mind. Make a list of all the things that you feel bound by. Then free yourself from them. You can't just run away; that's not real freedom." He concluded by saying, "Let your flag fly high. Be the master of your own country, mental and physical."

The next day, everyone began saying goodbye as they departed for their homes all over the world. The goodbyes were warm and special as each person carried the seeds of LOTUS in his heart. And also in those hearts were the seeds of spiritual growth, planted by a great, universal spiritual Master -- Sri Gurudev.

-Swami Prakashananda

Special thanks to our sponsors . . .

"Don't start by demanding too much of your mind. You must slowly, slowly train it. Set simple, realistic goals and very gradually increase them. Achieving small goals will increase your self-confidence. The mind will happily respond."

- Sri Gurudev

"Spiritual practice doesn't taste delicious in the beginning. You must cultivate the taste. It's like cutting a road through the jungle. You have to move so many stumps and rocks. There are wild animals. It takes tremendous effort to make a smooth road."

- Sri Gurudev

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"It's all His name,
It's all His form,
It's all His deed -
And it's all for good!"
- Sri Gurudev

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The Integral Yoga Institute and The Chinook Learning Community are once again sponsoring this five-day retreat/symposium during which we invite you to come together with us to celebrate our Oneness while joyfully honoring our Diversity. Guiding us in this experience will be:

Sun Bear
(Native American)

Mother Tessa Bielecki
(Catholic)

Rabbi Shlomo Carlebach
(Jewish)

The Reverend, Dr. Alan Jones
(Protestant)

Reverend Gesshin Midwer
(Zen Buddhist)

Yogiraj Sri Swami Satchidananda
(Hindu)

David Spangler
(New Age)

Additional information will be given in the next issue of Integral Yoga, or write to:

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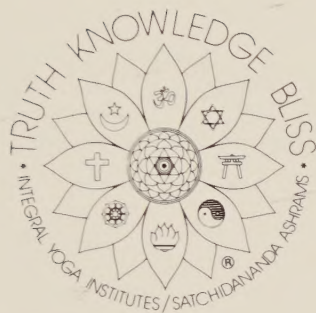
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Integral Yoga

Integral Yoga is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.



Raja
Yoga

The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.

Karma
Yoga



The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.



Japa
Yoga

The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.

Bhakti
Yoga



The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.



Hatha
Yoga

Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

Jnana
Yoga



The path of wisdom. By study, self-analysis and awareness, the Jnani Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "Body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

- Swami Satchidananda